



Team Leader Step-by-Step Instructions:

Step 1: Register your team online at www.gothedistancerun.com under the 24 Hour Relay tab. The registration link will take you to [UltrasignUp](#) where you will register your team and pay a \$100 deposit.

Step 2: Choose a team name and complete the [online race shirt order form](#) for your entire team. Please do this ASAP so your shirt color can be reserved and shirts ordered, due by 5/2/19. **Your form must be turned in by February 8th in order for you to get your team shirts in time to wear to the Del Oro GTD Rally on March 8th.**

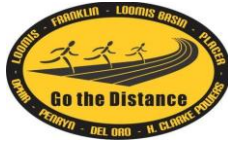
Step 3: Print, hand out and collect a completed waiver and code of conduct form from each of your team participants.

Step 4: Turn in the completed waivers, code of conduct and pay the remaining registration balance during lunch in the Leadership room on Friday May 3rd.

Step 5: Come to the **mandatory** packet pickup meeting on Thursday, May 9th at the **start of either lunch** in the Leadership room. We will be going over important race information. You will also be receiving race shirts (if you haven't already received them for the rally) and runner wristbands for your entire team.

Step 6: Distribute race shirts and runner wristbands to all team members prior to the start of the event. Please make sure all team members are aware they need to be wearing their GTD race shirt and runner wristband to be on the track and cannot enter the infield without them.

If you have any questions please email info@gothedistancerun.com .



24 Hour Relay - High School

2019 WAIVER AND EMERGENCY CONTACT INFORMATION

PLEASE FILL IN COMPLETELY

Participant Name _____ Team Name _____

Email Address _____ Phone _____ Age _____

Emergency Contact _____ Phone _____

Shirt size (Adult sizes) s/m/l/xl/xxl _____ Shirt cut (circle one) Male / Female

School that you would like to receive proceeds from your registration fees. Circle one below.

HC Powers Loomis Franklin Placer Penryn Ophir Loomis Basin Charter Del Oro High School

IMPORTANT WAIVER

Please read, initial and sign:

_____ I understand only registered runners wearing GTD 24 Hour Relay Team shirts and runner wristbands are allowed on the track.

_____ I understand that only 24 Hour Relay runners and volunteers wearing wristbands and guests wearing lanyard identification will be allowed access to the infield.

_____ I have read the 24 Hour Relay Rules and Information page at www.GoTheDistanceRun.com

I (or on behalf of my child as his/her parent or guardian) recognize and hereby expressly assume the risks of illness and injury inherent in any exercise program; and I am (or my child is) participating in this event upon the express agreement and understanding that I am (or my child is) hereby waiving any and all liability against and releasing Loomis Union School District, Del Oro High School, Placer Union High School District, Go the Distance 24 Hour Relay and its sponsors and advertisers, agents, and representatives (hereinafter collectively referred to as "event organizers") from any and all claims which may have occurred or which may accrue to me, my heirs, guardians, administrators, executors, or assignees including attorney's fees and court costs (collectively "Claims") arising out of or in connection with my (or my child's) participation in the 24 Hour Relay/Color Run or any illness resulting there from. I further expressly agree to indemnify the event organizers and hold the event organizers harmless from any and all liability arising out of my participation (or my child's participation) in this event. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. If you are under 18 years of age, please have your parent/guardian sign below. In the event of an accident or emergency, I understand appropriate emergency personnel will be called and I (or my child) will be transported to the nearest hospital, or the hospital listed above, as directed by emergency medical personnel.

PARTICIPANT SIGNATURE (PARENT/GUARDIAN IF UNDER 18): X _____

24 Hour Relay - High School
2019 CODE OF CONDUCT



Team Name _____

Student Name _____ Grade _____ Age _____

Parent Name _____ Parent Phone _____

Parent Email _____

High School Division rules, both student and parent please read, initial each line and sign:

____/____ Participation in the event is required from all teams. Your team must complete at least 1 mile per hour during the course of the event, failure to do so may result in disqualification and your team could be asked to leave.

____/____ Keep campsite clean of all garbage. Trash bags will be provided and trash cans will be readily available. Leave campsite completely clean at the end of the event and take all items with you.

____/____ No enclosed tents or sides on easy ups will be permitted for High School division.

____/____ Must have the provided team name sign visible at all times.

____/____ Canopies/easy ups cannot be lowered below the full height setting.

____/____ Easy ups may not be positioned more than two deep from the track toward the middle of the field.

____/____ This is a school event and all school rules apply. I acknowledge that my failure to comply with these rules may result in school disciplinary action.

____/____ I understand that if I don't follow these rules, myself and/or my team may be asked to leave the event early. I understand that there will be no refunds if I or my team is sent home early.

____/____ I am aware that students are able to come and go from the event as they please. While there are race organizers and Del Oro staff present and overseeing the event, there will be no direct supervision and monitoring of individual High School students. Parents who wish to be allowed access to the infield for the purpose of chaperoning their student's High School team, please complete this form and check in at the main gate during race day where you will receive a chaperone wristband. Google form link: <https://goo.gl/forms/lblNeVmJX9HBjxFJ2>

Student Signature _____

Parent Signature _____